



# JIGSAW @ Brockholes Wood

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## Jigsaw

## SETTLING IN ADVICE

## Jigsaw

For many children, starting at Nursery is the first step towards independence and there are important lessons to be learned:

- ❖ That it is possible to feel safe and happy while parents are not present for a while.
- ❖ That other adults can be a source of authority, help and friendship.
- ❖ That new play and learning experiences can be enjoyed with new friends and shared with parents afterwards.

Give your child a chance to learn positive lessons by working with the staff to make the settling-in period as easy as possible. Here are 10 tips to help you:

1. Brief visits to nursery before you start attending will make the place and people feel familiar.
2. Avoid starting at a time when there has been a disruption of routine at home. A new baby, a spell in hospital or even a long holiday can require a settling-down period before your child tackles anything else new.
3. Children are ready to part from their parents at different ages. If your child is going through a very 'clingy' stage, it might be better to delay admission for a while unless a parent or trusted friend can stay with the child.
4. Before starting, talk to your child cheerfully and positively about the good things that will happen there.
5. Be prepared to stay with your child until he or she is ready to be left alone. All children are different and this might take anything from a few minutes to a few weeks or months. It might be wise to stay for the first session. It gives you a good idea of what goes on and enables you to talk about it afterwards with your child.
6. It might be possible to arrive a little later than the others on the first day. That way, you arrive to a quiet and settled group, which the children are already busy and the staff are free to introduce the people and activities.
7. When you judge that your child is ready to be left, say goodbye. Do not be tempted to creep away while your child is occupied. This might seem easier at the time but it can cause the child to feel let down and mistrustful.
8. It is easier for a child to accept a parent's departure if there is a clear explanation of what is going to happen. "I am going to the shops and I'll be back after song

time” can help the child envisage where you will be and understand the time scale involved.

9. For children who find parting hard, it might help to have a brief separation at first – perhaps just post a letter.
10. **DON'T WORRY.** Children develop very quickly at this age, and a child who seems unable to manage alone even for a second can have a very different attitude in a week or two. Just be calm and practical about it, reassuring the child that he or she will be able to manage soon, and helping him or her to make friends and get used to activities.

### **When you arrive**

Please make sure that your child's arrival is recorded in the register. If you are staying for a length of time, your own name also should be entered. If you will not be collecting your child yourself, please let the staff know who is authorised to collect your child. If you will not be at home or your usual place of work during the session, please let a member of staff know where you can be reached in an emergency.

We do hope very much that you and your child enjoy being part of our setting. If you have any questions or difficulties, please be sure to let us know.